

HALF-POUNDER FOR THE GRILL
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VICTORY
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METRO DISH {page 9}



HALIFAX metro®
Tuesday, July 27, 2010
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Metal. Heavy



▶ Metalheads rock out to Slayer's War Ensemble from their 1990 album Seasons in the Abyss during last night's Canadian Carnage show in Halifax.

RYAN TAPLIN/METRO HALIFAX

Canadian Carnage slays the fans

Megadeth and Testament opened the show with Slayer at the Halifax Metro Centre last night. The event was twice postponed in the past year due to a back injury to Slayer frontman Tom Araya.

Couple pick city for royal birth

Buddhist parents-to-be view Halifax as adopted home {page 3}

Stage set for contract dispute

Players' union files grievance in Kovalchuk case {page 16}

Student scores not adding up

Assessment shows elementary math scores have slipped over three year period ◐ 'We need to do more,' says province's Minister of Education Marilyn More



ALEX BOUTILIER
HALIFAX@METRONEWS.CA

The province will implement a new math curriculum in hopes of correcting a downward trend in elementary math scores.

The Department of Education released results from the province's first Elementary Mathematical Literacy assessment yesterday.

Conducted over a four-year period, the assessment tested 9,000 students who were in Grade 3 in 2006, and again in Grade 6 in 2009.

Only 63 per cent of English-language students met expectations — down four per cent since their Grade 3 test. French-language students faired better, with 77 per cent of students meeting expectations — up eight per cent over the same period.

A new curriculum for elementary students, to be rolled out in 2011, aims to address the deficiencies.

"What we want to do is have a curriculum … that instead of covering multiple topics, drills down and focuses more deeply on certain topics," said Vince Warner, director of assessment services with the province. "A little narrower, a little deeper."

469
On a scale of 200 to 800, students were expected to achieve a score of 469 or higher for satisfactory results.

A new curriculum for Grade 7 and 8 students will also be implemented in 2012.

Last month, the province revealed only 45 per cent of Grade 12 students passed the provincial math exam, down from 51 per cent from the previous year.

Marilyn More, the province's Minister of Education, couldn't be reached for comment yesterday. In a release regarding the elementary math scores, she said more needs to be done so all students "grasp the essential math concepts needed to succeed in their education and beyond."

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Plea date delayed in road death



PHILIP. CROUCHER
@METRONEWS.CA

It will be another month before the teen accused of driving the car that killed a 15-year-old Dartmouth boy will be able to enter a plea on the various charges he is facing.

Matthew Lesley Grimm was scheduled to enter the plea at Dartmouth provincial court yesterday, but the matter was adjourned until Aug. 27.

Grimm, 18, is charged with dangerous operation of a motor vehicle, two counts of breach of an undertaking, one count of breach of probation and one count of failing to stop at the scene of an accident.

The charges are in relation to the May 16 incident that killed David Alexander Julien, 15, of Dartmouth.

Julien, a Prince Andrew high school student, was in the back seat of a white Honda Accord when it crashed into a pole on Cranberry Crescent in Dartmouth.

Grimm, who is from Cole Harbour, was arrested the day after the incident and spent two weeks at the Burnside jail before getting bail on June 2.

Grimm was released with a surety of an unknown amount.

RYAN TAPLIN/METRO HALIFAX



▶ Matthew Lesley Grimm is escorted from court in Dartmouth in May.

Buddhist royalty picks Halifax again

Royal parents-to-be will give birth to child here ◐ Consider Halifax to be adopted home ◐ No due date yet

A royal birth will take place at the IWK Health Centre next month.

The King and Queen of Shambhala — who were married in Halifax in 2006 — will have their first child some time in August.

Sakyong Mipham Rinpoche and his queen, the Sakyong Wangmo Khandro Tseyang, are the spiritual leaders of thousands of Shambhala Buddhists

The couple's personal physician, Mitchell Levy — a professor at Brown University in Providence, R.I., — announced the couple's plan to have their baby at the IWK in a news release yesterday.

"The health centre's outstanding reputation for excellence and quality of care and patient safety makes them feel this is the best environment for this happy event," he said.

"The main thing we're providing is that we're able to respond to their security needs. Other than that, it will be the same level of excellent service our birthing unit provides."
KATHRYN LONDON-PENNY, IWK SPOKESWOMAN

The royal couple met at an Indian monastery in 2005 and were married at the Cunard Centre in Halifax June 10, 2006, in a ceremony called "Blossoming of the Sun."

Their ancestor was the Tibetan King Gesar of Ling, a hero in an epic story still told throughout Asia.

JENNIFER TAPLIN

DAILY NEWS FILE PHOTO



▶ Shambhala spiritual leader Sakyong Mipham Rinpoche, left, and Sakyong Wangmo Khandro Tseyang were married in a Tibetan Buddhist royal wedding ceremony in Halifax in 2006.

Victim in latest murder ID'd

Halifax Regional Police released the name of the city's most recent murder victim yesterday.

Ryan Matthew White, a 21-year-old from Halifax, was discovered on Jarvis Lane in the city's north end with a gunshot wound to the chest late Thursday night.

He was rushed to hospital, but died of his injuries Friday.

According to his obituary, White was a graduate of the Second Chance Program and the father of three daughters.

Homicide No. 6

▶ This is the sixth murder of the year for the HRM. Charges have been laid in four of these cases.

Police spokesman Const. Brian Palmeter said the investigation is ongoing but there are no suspects in custody.

"Based on the preliminary investigation, it suggests that this was not a random act and it was likely the result of a dispute over something, but what that is, we're not quite sure yet."

He added the victim was known to police.

JENNIFER TAPLIN

News in brief

Crackdown nets 9 tickets

ATV. Nine summary offence tickets were issued during the patrolling of all-terrain vehicles this past weekend in HRM. Halifax RCMP, along with the Department of Natural Resources, is behind the summertime enforcement. Besides the nine tickets, eight warnings were also issued and one driver had liquor seized.

CGA accreditation for SMU

UNIVERSITY. Saint Mary's University has signed an agreement with the Nova Scotia body for Certified General Accountants that will see the school's accounting program receive CGA accreditation.

METRO HALIFAX

1 news

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca



Canadian journal blasts energy drinks as 'drugs delivered as tasty syrups.' Video at metronews.ca/canada

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After Ottawa's month-long war against the census, will Canadians bother filling one out? Scan the code for more.

Canada Games Centre going public soon

The 176,000-square-foot Canada Games Centre will be finished this winter Test events will be held before the building is open to the public

RYAN TAPLIN/METRO HALIFAX



Construction on the $40.5 million Canada Games Centre is nearing completion and is scheduled to open in January.



JENNIFER TAPLIN
@METRONEWS.CA

The clock is ticking down and in a matter of months the Canada Games Centre will open its doors.

The first activity for the $40.5 million facility in Clayton Park will be a test event for the Canada Games. An artistic gymnastics event will take place Nov. 25 to 28 followed by a synchronized swimming test in December.

There will be a "soft" public opening in January, said Terry Gallagher, manager of facility development for HRM.

"It's called a soft opening because there will be a transition plan with some activities and programs from Northcliffe," he said.

There won't be regular programming until after the Canada Games in February.

Construction is going well, Gallagher said in an interview yesterday. The project is on schedule and on budget.

"We'll have drop-in and open swims and we'll get into full organization after the Canada Games."
TERRY GALLAGHER, MANAGER, FACILITY DEVELOPMENT, HRM

"There's the exterior work and the landscaping going on now, and they're working on finishing off the tile work around the pool and laying the floor in the field house."

A general manager — Gary Furlong — was recently hired and over 100 staff will be hired in the coming months.

The building on Lacewood Drive will host a number of provincial, national and international tournaments in the coming years. It has four pools (competition, leisure, hydrotherapy and one for small children) as well as a field house, track, café, and a health and wellness centre.

GAMING

Gambling needs new approach, says group

A group that monitors problem gambling in Nova Scotia says the province needs a new approach to gaming that includes independent oversight.

In a submission to the NDP government, the Nova Scotia Gaming Foundation says the province needs a "culture of moderation" in gambling, in which new products are reviewed by arms-length health agencies.

The 15-page report by the group, released Friday, says the change would mean the Nova Scotia Gaming Corporation would no longer be able to introduce new gambling products without a third party doing a review on the health impact.

THE CANADIAN PRESS

Report claims N.S., N.B. have most CT scans

Nova Scotians like their CT scans.

A report released last week by the Canadian Institute for Health Information said Nova Scotia and New Brunswick had the highest rates of CT scans per capita in the country in 2009.

Some provinces use diagnostic tests like CT scans and MRIs much more frequently than others. For example, Alberta uses these tests more than twice as much as P.E.I.

155 The number of CT scans in Nova Scotia per 1,000 people in 2008-09. The national average is 121 per 1,000 people.

"By helping to detect disease in its early stages, medical imaging has helped save lives," said Francine Anne Roy, a CIHI spokeswoman, in a statement.

METRO HALIFAX

Program announced for Legion

The province is making money available to Nova Scotia legions to help them pay for building repairs. The $100,000 Legion Capital Assistance Program was announced yesterday.

METRO HALIFAX

Group eyes plan for biomass

Nova Scotia's regulatory agency opened hearings into a large biomass fuel proposal. Nova Scotia Power Inc. and Newpage Port Hawkesbury Corp. are asking the Utility and Review Board to approve a plan.

THE CANADIAN PRESS

Silver lining in Bristol bust

The Bristol Group announced yesterday it is ceasing operations in Atlantic Canada.

The polling/public relations/marketing firm voluntarily shut down its business yesterday, announcing Newfoundland and Labrador-based m5 has made offers to absorb 78 of Bristol's employees and some of its clients.

The resulting company, MarketQuest-Omnifacts, will continue to operate offices in Halifax, New Brunswick and Newfoundland and Labrador, providing strategic marketing and polling services.

Jim Megann, vice-president for m5, said while they will not displace an existing m5 employee, the majority of Bristol employees have been offered a place in the new company.

"We think we've really made the best of the situation in that we're able to provide employment to a whole bunch of people that otherwise wouldn't have jobs," he said.

ALEX BOUTILIER

Saga

Saga Investments say in a release that Middle East venture yielded losses.

Monetary losses In a release, Saga Investments Inc. — the owner of Bristol Group — said a venture in the Middle East resulted in heavy financial losses, resulting in the closing of the entire Bristol operation.

News in brief



Juno nom to play free show

MUSIC. Juno Award nominee Matt Mays will perform a free outdoor concert this long Natal Day weekend at Alderney Landing in Dartmouth. The concert begins Saturday at 7 p.m. with The Novaks serving as the opening act. The show is open to all ages.

METRO HALIFAX

Owner pleads to tax evasion

KENTVILLE. A Kentville property owner has plead guilty to tax evasion. Kevin R. Rogers was sentenced yesterday in Kentville provincial court. He was fined $38,744 for failing to declare rental income on his income tax return.

METRO HALIFAX

Canada gets tough on Iranian sanctions

Joins Western allies in imposing new measures Increases pressure for Tehran to drop nuclear weapons

Foreign Affairs Minister Lawrence Cannon says Canada will impose tough sanctions on Iran as part of an international campaign against that country's nuclear ambitions.

He says the measures aren't intended to punish the people of Iran, but to send a message to "the aggressive and irresponsible government in Iran."

The new sanctions will include a ban on any new Canadian investment in Iran's oil and gas sector or government securities and restrictions on exporting goods that could be used in nuclear programs.

The West accuses Iran of seeking to develop nuclear weapons, but Tehran says its program is for peaceful electricity production. Iranian banks will also be barred from opening branches in Canada and Canadian banks will not be able to set up in Iran.

"The acts of Iran ... are an affront to Canada's standards."
LAWRENCE CANNON, FOREIGN AFFAIRS MINISTER

The European Union has announced a new round of sanctions to curb oil investment and cut exports of "dual-use" goods that could be employed by the nuclear industry. Cannon said Tehran has flouted United Nations efforts to rein in its nuclear program.

"The acts of Iran ... are an affront to Canada's standards and its desire to maintain nuclear safety," said Cannon, rejecting Iran's claims about peaceful power production.

THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS



▶ Canada's Foreign Affairs Minister Lawrence Cannon holds a press conference in Ottawa yesterday.

Energy drinks pose risk to kids: CMAJ

The Canadian Medical Association Journal (CMAJ) is voicing alarm over the increasing popularity among kids and teens of highly caffeinated energy drinks.

"Caffeine-loaded energy drinks have now crossed the line from beverages to drugs delivered as tasty syrups," senior editors of the journal said yesterday, adding some energy drinks contain the caffeine equivalent of 10 cans of cola.

Excess caffeine can cause nervousness, irritability, rapid heart rate and sleeplessness.

Health Canada suggests kids aged 10 to 12 not consume more than 85 mg of caffeine a day, about a can or two of cola. For children aged four to six the recommended daily maximum is 45 mg; for children aged seven to nine, the maximum is 62.5 mg.

THE CANADIAN PRESS

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PAUL CHIASSON/THE CANADIAN PRESS X



▶ More kids and teens are drinking caffeinated beverages.

News in brief

World's first face transplant

MADRID. A Spanish man who underwent the world's first full face transplant appeared before TV cameras yesterday for the first time since his surgery in February, thanking doctors and the family of the donor.

THE ASSOCIATED PRESS

Did U.S. ask Canada to pressure Saudis?

The United States asked Canada to put diplomatic pressure on Saudi Arabia and South Africa over Taliban fundraising activity apparently taking place in the two countries.

The revelation is contained in nearly 9,200 pages of classified American documents released by online whistleblower Wikileaks. It's long been known the Taliban have relied on sympathetic Saudi charities to bankroll their weapons and munitions purchases, but the revelation about South Africa is stunning. **THE CANADIAN PRESS**

Plastic bottle boat ends trip

A sailboat, largely constructed from 12,500 recycled plastic bottles, has completed a four-month journey across the Pacific Ocean in an effort to raise awareness about the perils of plastic waste.

THE ASSOCIATED PRESS

RICK RYCROFT/THE ASSOCIATED PRESSS



▶ The Plastiki bottle boat

Former commander wants Semrau out

The former top Canadian commander in Kandahar says a military court has no choice but to kick out of the Canadian Forces a soldier found guilty of shooting a wounded and unarmed Afghan insurgent.

A military court is holding a sentencing hearing to determine a penalty for Capt. Robert Semrau.

The judge will consider evidence from the hearing before handing down a sentence. Semrau could serve up to five years in jail or be dismissed from the military. **THE CANADIAN PRESS**

DEFENCE CONTRACT

Canada lowers bar for aircraft

Ottawa is dropping key performance standards for navy helicopters due this fall in return for the manufacturer's promise to guarantee another $80 million in work for Canadian aerospace companies over the next two decades.

The revised deal with U.S.-based Sikorsky, signed June 30, means the first six Cyclone choppers that fly from frigates in November won't be required to have a system allowing some encrypted tactical information to be exchanged between ships and helicopters.

This system was one of the original requirements in the $5.1-billion contract for the 28 helicopters, which are already more than three years behind schedule.

Nor will the aircraft have to pass either an endurance test for flying in warmer temperatures or a test that requires one engine to keep going if a second engine fails in higher temperatures.

A spokeswoman for the federal Department of Public Works says Sikorsky will have to provide additional contracts to Canadian firms in exchange for more time to work on the helicopters.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 31.86 (11,746.07)	+ 0.34¢ (96.86¢ US)	Unchanged ($78.98 US)	$4.612 (+3.2¢)

Gold contracts $1,183.10 (+ $4.70)

BP to move Hayward, says source

BP is jettisoning CEO Tony Hayward, whose verbal blunders made the oil giant's image even worse as it struggled to contain the Gulf oil spill, and will assign him to a key job in Russia, a person familiar with the matter said yesterday.

Hayward is set to step down in October and take a post at TNK-BP, the company's joint venture in Russia, according to the person, who spoke on condition of anonymity because an official announcement had not been made by the British company's board.

Moving Hayward gives BP a chance to make a fresh start. BP executive Robert Dudley, an American who has been overseeing oil spill recovery efforts, is likely to be his successor.

The board met yesterday but it was unclear whether it had made the demotion official. A statement was expected early today. THE ASSOCIATED PRESS

THE ASSOCIATED PRESS FILE PHOTO



▶ Authorities in the United Arab Emirates want BlackBerry data service to come under local control.

BlackBerry data management faces scrutiny

UAE's telecommunications regulator says certain applications allow people to misuse device's service

How email and text messages are managed on BlackBerry smartphones is facing scrutiny in the United Arab Emirates, where authorities say the devices operate outside national laws.

The Middle Eastern country's telecommunications watchdog has noted that data services are managed by Research In Motion outside local control and it wants that to change.

The United Arab Emirates is among countries that censor websites and other forms of media.

"It's a control issue," PC Magazine analyst Sascha Segan said yesterday.

Data from BlackBerrys in United Arab Emirates goes through RIM computers in the United Kingdom, he said.

"That is so RIM can compress the data to speed up transfers and so that RIM can bundle it to lower the impact on battery life, and so that RIM can encrypt and secure the data for corporate management reasons," said Segan.

THE CANADIAN PRESS

RIM vs. UAE

This is the second major controversy over the BlackBerry in the UAE.

State incursion A year ago, the Middle East country's biggest state-run mobile operator was caught encouraging unwitting BlackBerry users to install software on the devices that could allow outsiders to peer inside. The government has never made fully clear what happened in that case.

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STRANGERS ON A TRAIN: TICKET TO FLIRT

She says ...

JESSICA NAPIER



Even though I'm in a happy, committed relationship, I have to admit that lately I've been spending a lot of time pressed up against other men ... and women.

Like many urbanites, I spend more than an hour every day crowded inside packed trains and buses, dutifully riding to work with my fellow commuters. In fact, as you read these very words I'm probably desperately clutching onto a subway pole nearby, carefully balancing on my not-so-sensible heels.

While I might start every journey with a small sense of pride (I'm eco-friendly and saving money on car insurance!), I inevitably emerge from the underground a sweatier, crankier version of myself. It's uncomfortable, overcapacity and there is always some guy standing beside me with his iPod turned up far too loud.

Public transit is certainly not sexy. But for some people — and these are probably the same folks who think the gym is an appropriate pick-up locale — the daily commute is prime time for serious flirting.

I'll admit, there are some attractive people riding transit. But when a brutal combination of signal delays and construction holdups have left me standing on a platform for 20 minutes, I am in no mood to strike up a conversation.

"I can see the potential for romance happening every day in the stolen glances across the aisle and the hands brushing against one another as they clasp at the same subway pole."

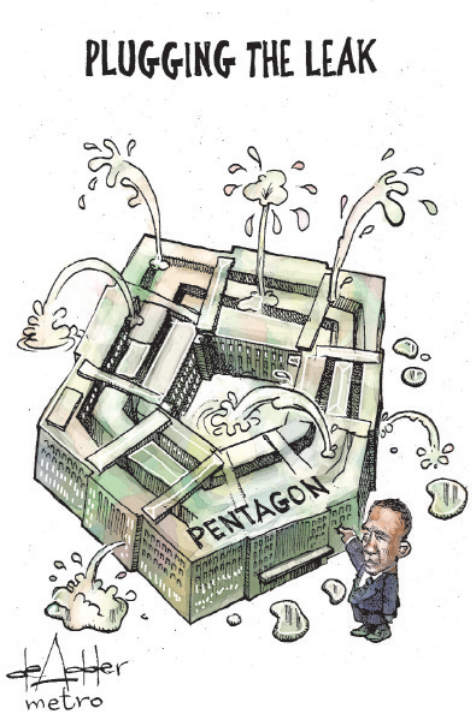
Yet, I can see the potential for romance happening every day in the stolen glances across the aisle and the hands brushing against one another as they clasp at the same subway pole. Just spend five minutes on Craigslist browsing the "missed connections" page and you will find plenty of commuters hoping to reunite with a rush-hour run-in.

The more time I spend on public transportation, the more I wonder how many real relationships blossom out of these fleeting encounters. I assume that for every successful hookup there are about 100 awkward and embarrassing rejections. Sometimes it's hard to know when your subtle eye contact has turned into creepy leering. Here's a hint fellow riders: Glancing up from your book is coy; undressing someone with your eyes is inappropriate.

So good luck to all you single travellers, but remember to practise picking up with caution. In the words of 30 Rock's Liz Lemon, you can do some serious flirting on the subway before you realize the guy is homeless.

Cartoon

MICHAEL DE ADDER



Highest form of flattery

Letters & Tweets

Re: Ned Ehrbar's story for Dinner for Schmucks (July 23-25)

TORONTO. We read the story, but nowhere did we find a reference to the original movie (Le dîner de cons) or to its screenplay author Francis Veber. It saddens us that there were no references to the original idea.

Veber should have received his credit. Even its title is a direct translation of the original title.

TANIA YUDITSKAYA AND EUGENE ZHILINSKY

We asked: What book would you like to see made into a movie?

TORONTO. The Regiment (1955) by Farley Mowat, Ortona by Mark Zuehlke, and the classic crime novel Red Harvest (1929) by Dashiell Hammett.

LARRY ROBERTS

TORONTO. I would suggest that the huge amount of paper you waste in printing celebrity gossip every day could be put to better use. I certainly have not been living in a cave, but I have never heard of any of these people.

The dumbing down of journalism in recent years is quite alarming and actually quite insulting.

Why don't you break free of the braying herd and work to correct it?

FRANK MACKAY

Is imitation on the menu?

TORSTAR NEWS SERVICE FILE



What would you rather have more of, time or money?

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Metro Minute with Sea Music Festival

A taste of what's to come for this summer's Halifax Harbour Sea Music Festival takes place tonight with a free preview concert at the Maritime Museum of the Atlantic at 1675 Lower Water St.

The free concert begins at 7:30 p.m. and will showcase sea songs and shanties by some of the artists who will be performing at the festival, which runs during the Labour Day weekend from Sept. 4-5 at the museum and harbour front area.

This will be the second year for the festival, which includes local, national and international talent. Complete details are available at halifaxharbourseamusicfest.webs.com.

PHILIP CROUCHER

DAVID STONE/FOR METRO HALIFAX



▶ The Halifax Harbour Sea Music Festival will hold a free concert tonight at the Maritime Museum of the Atlantic.

2 scene

Feels so fresh and so Lucious

After being told his album was too artsy, Big Boi took it to another label and gained much success ◐ Rapper tapped into his Jedi music-making skills



TINA CHADHA
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Big Boi answers the phone with an "'El-low mon," horsing around in a fake island accent. The time seems right for fun and games, since the rapper, half of mega hip-hop group Outkast, finally released his delayed solo project Sir Lucious Left Foot: The Son of Chico Dusty.

The release comes after an extended period of drama with his former record label. Jive held the album for nearly three years, saying it was too artsy to put out. So Big Boi went to Def Jam. A creative mix of funk, soul, electro and retro sounds — like nothing you've ever heard, and everything you want to dance to — Sir Lucious debuted at No. 3 on the Billboard charts and is receiving tremendous critical acclaim. Hell, notoriously biting Pitchfork even gave the album a 9.2.

So is it time to walk around the Jive offices with an I-told-you-so smirk? "I think the world is telling them," says Big Boi. "You have to leave the music-making to the professionals."

Even when Jive shelved the project, the Atlanta native says he never considered tweaking his work: "I'd rather not do music if I had to conform to today's standards. I know what I wanted it to sound like. And I'm definitely not a quitter."



▶ Big Boi is hard at work on the next Outkast album, and his next solo project, Daddy Fat Sax: Soul Funk Crusader.

DVD releases

Buy it ●●●●●
Rent it ●●●●
Borrow it ●●●
Yawn ●●| Don't bother ●



Clash of The Titans
Genre: Action
Director: Louis Leterrier
Stars: Sam Worthington, Liam Neeson
●●●

People watching this unintentionally hilarious remake of the 1981 adventure epic will be tempted to groan "Argh-oohs!" at regular intervals, as fans of a football team are wont to do whenever their heroes disappoint them.

You don't need any further enticement to moan or snicker than what's already on offer from Clash of the Titans, directed by Louis Leterrier (The Incredible Hulk). It's definitely in the so-bad-it's-good category of blockbusters.

Avatar's Sam Worthington plays a half-man, half-god hero named Perseus, who is leading a human grudge match against the gods of Mt. Olympus: disco-dressed Zeus (Liam Neeson) and his bilious brother Hades (Ralph Fiennes).

It's one supremely silly movie, but it's also a Razzies-ready hoot, especially when the gods get really mad at the rebellious humans and Zeus yells, "Release the Kraken!"

Extras include deleted scenes, alternate ending, production info and "Maximum Movie Mode" with Neeson, Fiennes, Worthington and Leterrier. ● PETER HOWELL

In brief



Barack Obama is scheduled to appear on the Thursday edition of ABC's The View. This will be the first time a sitting U.S. president visits a daytime talk show.
THE ASSOCIATED PRESS

Scan code for a story on old rockers made new (for instructions, see page 3)

The Audio Files



BRYAN BORZYKOWSKI
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Every time Neil Young plays Winnipeg — he's playing there tonight — it's a big deal. While the legendary artist was born in Toronto and lived in Omemee, Ont., as kid, it was in the 'Peg where he spent his teenage years.

YOUNG FOREVER CANADIAN

The city's residents love to claim Young as their own, and you can't blame them — he played Winnipeg's clubs, started his first band The Squires here, was friends with Randy Bachman — but is he really a Winnipeg artist? Or even a Canadian one for that matter?

Young might play north of the 49th sometimes but he has never recorded an album in Canada and his producers are almost all American. (He is working with Daniel Lanois on a new disc.) He's been living down south for 44 years, pays American taxes and his wife and kids are all born in the U.S.

However, in a 2005 Time Magazine interview he said: "If I ever had to give up my Canadian citizenship to become American I wouldn't do it … I love Canada. As I get older, more and more I start singing about Canada."

So, as long as he's a Canadian citizen, he'll stay Canadian in my books. But I wouldn't call him "Winnipeg's own". He's lived in various cities across the country and really, he belongs to everyone here.

Lindsay getting tons of prison TLC

AP PHOTO



▶ "Leave me alone! ... Just kidding. Please pay attention to me."

Family and friends have been wearing out their guest passes to keep the jailed actress company

Lindsay Lohan has been using up her weekly visitors quota quickly while at the Lynwood, Calif., detention center where she's serving out her sentence. So far, she's getting face time with mom Dina Lohan, lawyer Shawn Chapman Holley and, most notably, ex-girlfriend Samantha Ronson, according to People magazineDespite a falling out earlier this year, Ronson has been supportive of Lohan during her legal battle, prompting rumors of a rekindled romance. As she left the detention center, Ronson snapped at a reporter asking her how Lohan was doing, saying, "How do you think she's doing?".

People.com also reports the other prison inmates are "completely sick" of the preferential treatment Lohan is getting, including special food and clothing privileges.

METRO WORLD NEWS

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GETTY IMAGES



▶ Bassist Jared Followill ran off stage like this poop was on fire.;

Kings of Leon no match for rogue band of pooping birds

Musicians have performed through violent storms and scorching temperatures at an outdoor arena in suburban St. Louis.

But an infestation of pigeons that bombarded the Kings of Leon with droppings at the Verizon Wireless Amphitheatre managed to force an early end to the rock band's concert Friday night.

A statement from the band's management company, Vector Management, says bassist Jared Followill was hit several times, including near his mouth, and that the onslaught of feces was a potential health hazard. The crowd grew restless after the band walked off, and an announcement told them that the show was over. Concert promoter Live Nation says fans will get a full refund.

Vector says band representatives had been warned of a pigeon infestation in the rafters.

3 The number of times Kings of Leon bassist Jared Followill was hit by flying pigeon poop before he and his bandmates ran offstage.

THE ASSOCIATED PRES

Talking points

Bynes steps out of early retirement

AND NOW THE WORLD CAN CONTINUE TO FUNCTION. Amanda Bynes used her Twitter account to reverse her decision from two months ago to retire from acting, posting simply, "I've unretired." The 24-year-old Hairspray star had previously taken to Twitter to explain she'd had enough of showbiz, writing, "I don't love acting anymore, so I've stopped doing it."

Tabloid feels the wrath of Brangelina

THE MORAL OF THE STORY IS: DON'T MESS WITH ANYONE WEALTHIER THAN YOU. Angelina Jolie and Brad Pitt have come out on top in their legal battle with the News of the World, according to E! News. The superstar couple sued the newspaper after it reported last January that they had met with a Los Angeles divorce lawyer, prompting breakup rumors. "When the News of the World failed to publicly retract the allegations and apologize for them — thereby leaving their readers in the dark as to the true position — the couple felt they had no alternative than to sue," their attorney said.

METRO WORLD NEWS



Celebrity tweets



David Spade [@David-Spade] did paris hilton get caught w pot again? i think thats lost its shock value. its like hearing she ran a stop sign



Tila Tequila [@Tila-OMG MAYBE WHAT LINDSAY NEEDS IS A PEN-PAL???



John Mayer [@johnc-mayer] I've heard a lot of references to "capris" "manpris" and "clam diggers" but the correct terminology is "high-water pants"

METRO WORLD NEWS

Two boring, pretty people get married

NEXT! After just one month of engagement, Victoria's Secret model Miranda Kerr and Pirates of the Caribbean star Orlando Bloom tied the knot in a private ceremony, according to People magazine. The surprise wedding was so secret that Kerr even had something else planned for that day: an appearance at Australian department store David Jones, which she canceled at the last minute. "David Jones very graciously released me during this period so we could celebrate an intimate ceremony and honeymoon together," Kerr said in a statement.

METRO WORLD NEWS

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3 life



Elliptical trainers have been a long-time presence in gyms and fitness facilities and a go-to piece of equipment for those looking to get their cardio fix. But for individuals suffering from lower back problems, research suggests they may need to think twice before stamping their ticket to ride on the popular workout machines.
THE ASSOCIATED PRESS

ScanLife

Medical devices causing injuries for children

Sweating the hot stuff in the studio

Bikram or 'Hot' Yoga is one of the hippest and sweatiest workouts out there Metro speaks to an instructor to understand the benefits and drawbacks of letting it all out



ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

The Basis Of Bikram

The postures combine balance and resistance. Bikram goes beyond flexibility, requiring coordination, focus and stamina through the core. The body builds up strength around flexibility, and not the other way around. Like all other physical exercise, the benefits gained from Bikram Yoga will be heightened for those living a healthy balanced life in parallel.

Why the heat?

The Physical

Bikram Yoga is a selected series of 26 hatha yoga postures carried out in a heated room of up to 40 C. Designed by Yogi Bikram Choudhury, the motive was to trigger sweating, ultimately the body's most natural and effective way of ridding itself of toxins and impurities. Sweating is a natural part of exercise, cooling you down, and people should learn not to be put off by it. Although exercising at such high temperature is challenging, there are many advantages.

Oram, who teaches Bikram Yoga in London explains how both the heat and sweating cause the blood to thin, clearing the circulation system. Oram says: "40 degrees is a safe temperature to stretch and work out in as the muscles stretch more easily in the heat and the joints work better, allowing you to push deeper into the stretch."

Heat is a catalyst to sweating, making the body detoxify and cleanse the skin. "You will experience an all-round improvement, from how your body heals, to the circulation of blood around the body over to kidney function," he explains. The heat also removes some of the lactic acid build up we experience with exercise, reducing feelings of stiffness or pain.



▶ In the heat of the workout. Bikram Yoga class in a hot and sweaty London studio.

"Remember, heat is a catalyst for everything," says Oram, "Warm muscles burn more calories and the postures will have you pushing your physical boundaries. Adding heat to the equation will improve the speed of heart and respiration rate, further improving metabolism." Being more in tune with your body as a whole also reduces the risk of injury.

The mental

Being active is very calming for the mind, promoting willpower and mental strength. The challenging nature of Bikram Yoga forces you to focus your mind and whatever your limits are, you are made to face and assess them. Letting your attention switch to your body and senses, from healing into feeling stretching and breathing will help you feel more balanced and calm. On the other hand, for those who are over active, Bikram is a healthy medium through which to channel excess energy. The end of each class is like the slate has been wiped clean again, promoting a feeling of lightness of mind.

Watch out for

The extreme heat in which Bikram Yoga is carried out can have drawbacks if you are not careful.

- **Make sure you eat breakfast:** Although it is recommended that you do not eat two hours before class, many people take this too far and skip meals altogether. The high temperatures are strenuous and not eating could cause dizzy spells and very rarely, feeling faint.
- **The heat enables you to push deeper into the stretch:** Making sure you don't push yourself to the point of damaging muscles or causing stress on your body is important.
- **90 minutes of Bikram Yoga makes people sweat profusely:** Make sure to drink plenty of water before, during and after the class to keep hydrated.

Breathe And Burn

Breathing is a key element across all forms of Yoga and getting it right can be tricky. In Bikram, breathing comes first in the form of pranayama. This particular breathing technique is aimed at improving the circulatory and respiratory system and opening up the chest and the lungs. Over time, the lungs elasticity is increased giving them a greater capacity and ability to take in deeper breaths.



Marriage good for healthy aging

CELIA MILNE
WELLNESS@METRONEWS.CA

How do you age successfully? Marriage helps. Kids don't necessarily.

Believe it or not, being married is one of the things that helps you remain healthy and independent later in life, according to a study of 5,600 people done recently at the New Jersey Institute for Successful Aging school of osteopathic medicine.

But whether or not you have kids doesn't seem to make a difference in terms of healthy aging, researchers found. (Many would argue kids accelerate the aging process).

Stay healthy by

- Being married
- Being educated
- Having never been in jail
- Consuming only moderate amounts of alcohol
- Working for pay or volunteering

Five tips to beat heavy legs

When your legs feel heavy, it could be down to two things; fluid retention or poor circulation. These top 5 tips from Ramona Braganza will help you lighten up and get moving again.



1. Stay away from foods that are high in salt as they will make you retain water and feel bloated.
2. Avoid drinking too much soda as it contains a lot of sodium. Try drinking more water instead.
3. Lie down on your back and elevate your legs. This will instantly make you feel better as it will relieve tension and potential discomfort. If you are really suffering, consider sleeping with your legs propped up on a pillow. Elevating your legs above heart level will get the fluids flowing better around the body.
4. Do a series of stretches such as leg circles and calf raises to stimulate blood flow and improve circulation.
5. If all else fails, invest in a pair of compression socks, but only after you have seen a doctor and he has suggested it.

METRO WORLD NEWS

Don't sweat the commute



How to combat commuting stress with Metro's meditation man Andy Puddicombe

1. All commuters believe they have some right of passage when really we all share the same space. Realizing you are one amongst others within this space will make you less aggressive.
2. We tend to focus on the destination and see the entire journey as an inconvenience. As a result, we relate other commuters to this inconvenience. Focus on the journey.
3. Today's society is obsessed with productivity and making the most of any given time. For many, their commute is a vacant hole in their day when they are not actively engaged in an activity. Make the most of this time to yourself, live in the moment and relax. Use this as an opportunity to have some time out on your own.
4. Commuting is tagged with the idea of boredom. We tend to look at it in comparison to the adrenaline rush moments we spend at work or the fun times of a night out. Take commuting for what it is and take more interest in what is happening around you or in your mind.
5. A more practical step to take if you get easily stressed commuting is to go through a simple meditation or relaxation technique. Close your eyes, focus on your breathing and block the rest out. Many people feel self-conscious doing this is public but the truth is the majority of those around you won't be paying attention. It's a great way of taking the sting out of a busy commute.

GETSOMEHEADSPACE.COM

News in brief

Marijuana link debunked

STUDY Smoking pot is unlikely to reverse the signs of Alzheimer's disease. A study done at the University of British Columbia and Vancouver Coastal health Research Institute debunks the idea that marijuana can be beneficial for those with cognitive diseases.

CELIA MILNE

Beer attracts mosquitoes

STUDY Beer drinking increases attractiveness to mosquitoes.

At least that was the result of a study done in West Africa by French scientists. They wanted to find out if alcohol consumption was a risk factor for developing malaria. Volunteers who had consumed beer were more attractive to mosquitoes than people who had had water to drink.

CELIA MILNE



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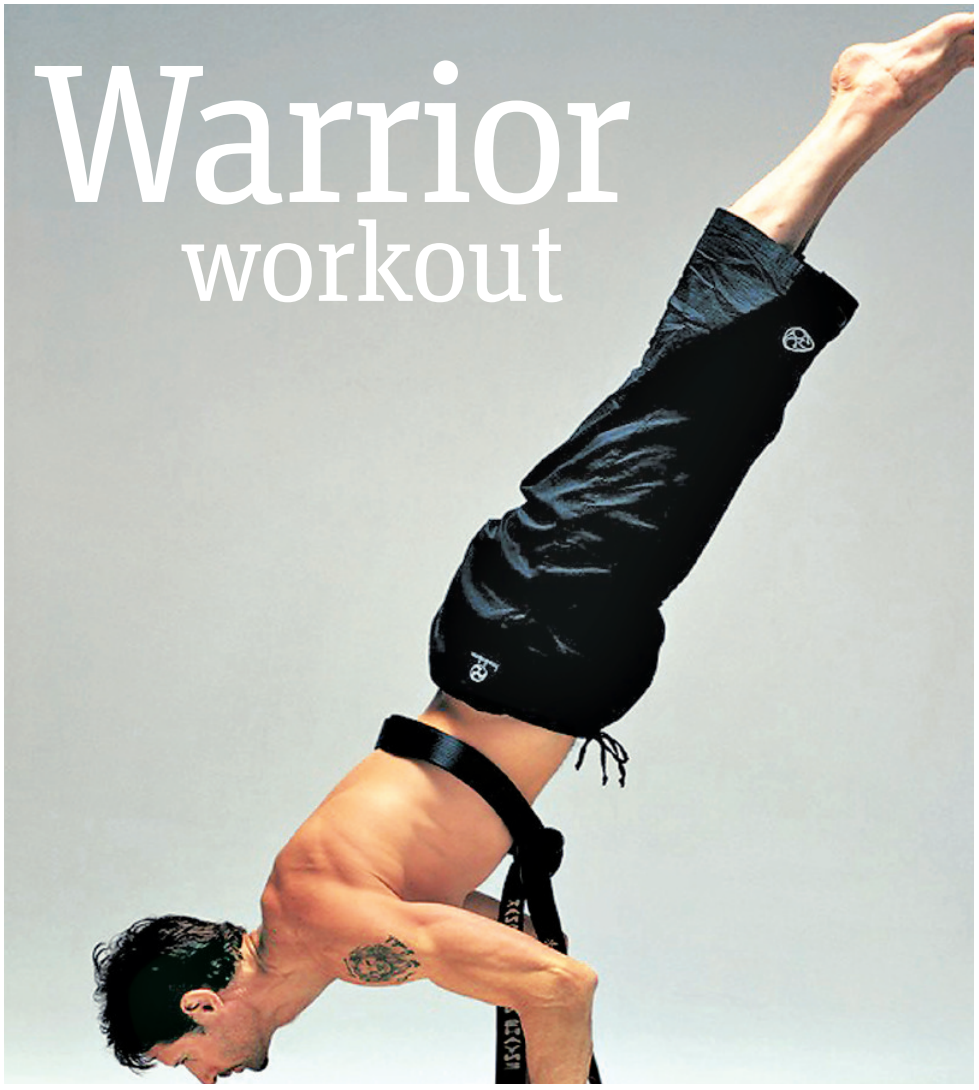
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Warrior workout



Trainer Cameron Shayne sheds some light on his fusion workout Budokon A clever combination of feminine and masculine motions



ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

In Japanese, 'Bu' means warrior, 'do' is way and 'kon' spirit. With Budokon, Cameron Shayne has not only created one of the hottest workouts — (Jennifer Aniston is his poster girl) — but a way of life.

"Budokon teaches you to become aware of the fact that the way you do anything in life is the way you do everything. It encourages people to do an inventory of their lives and choose to be masterful across every endeavour," he says.

"Being true to yourself and knowing what your body needs is important. Most people are fit but unhealthy as they are putting the wrong types of fuel into their body."

Budokon also encourages clean nutrition. A diet based on seeds, fruit and vegetables, lean meats and healthy fats (avocado and nuts) is essential for enhancing performance.

"You are what you eat," explains Shayne.

Physically Budokon is a fluid and organic way of returning the body to its natural, instinctive and fit state of mind.

The Fusion

Budokon is unique in that it combines three different practices to teach rebalancing the body.

Budokon is the ying and yang of workouts rolled into one: feminine yoga moves are fused with the more masculine motions of martial art. Strung together as a sequence, the rhythmic breathing of yoga and the quickness of the martial arts resemble a dance.

"You need to have the flexibility to transition between positions and this requires you to be strong, dynamic and in possession of your body," explains Shayne.

"Budokon is a system. People who attain the highest level are not only master yogis, but black belt martial artists. From yoga they will learn to be guarded and assertive in their moves. From martial arts they will learn speed, strength and power."

A 90-minute class begins and ends with five minutes of mediation.

"Some moves require you to observe your breath and your body in motion simultaneously and meditation plays a large part in achieving that," Shayne says.

BUDOKON BASICS

Focus and concentrate

Along with a leaner, longer musculature, flexibility, strength, agility, resistance and body awareness, Budokon promotes mental clarity, focus and concentration. "The element of consistency in Budokon creates a calmer state of mind. Many of us walk around splintered and confused, physically injured and disorganized, leading to emotional suffering. Budokon organizes the body, then the mind."



Dancer's bridge

Starting in downward facing dog, extend the right leg to the sky. Fold the heel to the sit bone and roll the knee in to the chest, left hand comes of the floor as you extend the right leg to the ground on the left and base the foot. Raise up for dancer's bridge. Lower toward the floor and draw the right knee back, rotate and place the left hand back to original position and extend the right leg to the sky, lower the leg down to the floor.



Pivot Punch

Starting in a bow stance with the right hand extended in a fist position. You will then pivot to the right transitioning in to a horse stance then back to a bow stance leading with the right knee bent. While transitioning into bow stance you will strike with a left hand.

For more information, go to budokon.com

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Liquid Assets

Wines inspired by real life

Since I love it when there's a chemistry between what's happening in the news and what I find in my glass, the fact that I tried the 2009 Big House White ($9.95 - $13.22) the same day Lindsay Lohan began her time as a guest of the California penal system wasn't lost on me.

Originally created by iconic California winemaker Randall Graham as part of his Bonny Doon family of wines; the Big House line (that also includes a red and pink version) was sold to another company a few years ago.

Named for nearby Soledad State Prison in Monterey County, the white is an eclectic mob of grape varieties that includes chenin blanc, sauvignon blanc and viognier, to name a few. The mix creates a über fragrant wine with a juicy, citrus-meets-tropical flavour and surprisingly Mediterranean sensibility.

If you prefer your sauvignon blanc all by its lonesome, the 2009 Oyster Bay Sauvignon Blanc ($16.95 - $20.37) from New Zealand is rich and full-bodied with a lengthy vegetal backbone of asparagus and light gooseberry.



Try both wines with shellfish (especially crab), meatier white fish, chicken and any dish with a touch of spiciness.



PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Griddled & grilled cheese burgers

New York chef offers up a basic burger topped with chipotle chilies, Monterey Jack cheese.

When crafting a great burger, check the weather.

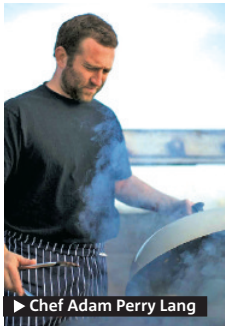
So goes the advice of Adam Perry Lang, owner of New York's Daisy May's BBQ USA restaurant, a classic rib shack known for its pulled pork and beef ribs.

"Sometimes I love a burger that is rich in fat — 70-30 blend of protein to fat," he said in an email. "I like these on colder days when I need fat and heartiness. In the summertime, a leaner burger is appreciated. 90-10 can do the trick."

Whatever your blend, cook with care. He aims to create a moist, tender interior and a well-developed caramelized crust.

"I am a burger fanatic," he said. "My most memorable has to be the one I would get when I was eight years old spending our summers on the beach in Montauk. This was in front of Gurneys Inn. They called it the Gurney Burger and it was served on an English muffin."

For the AP's 20 Burgers of Summer series, Perry Lang offered up a basic burger — nearly a half-pounder — topped with caramelized onions spiked with chipotle chilies and Monterey Jack cheese.



▶ Chef Adam Perry Lang

THE ASSOCIATED PRESS



Serves 6
Prep and cook time, start to finish: 30 min.

▶ Griddled and grilled Monterey Jack cheese burgers with spicy chipotle caramelized onions and cilantro.

Ingredients:

- 1.1 kg (2 1/2 pounds) ground beef (80 per cent lean)
- 60 ml (1/4 cup) cold water
- 7 ml (1 1/2 tsp) kosher salt, divided
- 7 ml (1 1/2 tsp) ground black pepper, divided
- 15 ml (1 Tbsp) canola oil
- 30 ml (2 Tbsp) unsalted butter or olive oil
- 6 small to medium sweet white onions, thinly sliced
- 30 ml (2 tbsp) pureed chipotle in adobo
- 60 ml (4 tbsp) thinly sliced scallions
- 30 ml (2 Tbsp) coarsely chopped fresh cilantro
- 30 ml (2 Tbsp) parsley
- 6 slices Monterey Jack cheese
- 6 hamburger buns

Preparation:

1. In a large bowl, mix together the beef and water. Shape into 6 patties, about 2.5 cm thick.
2. In a small bowl, mix together 5 ml (1 tsp) each of the salt and pepper. Use the blend to season the burgers, pressing it into the meat. Heat a grill to medium-high.
3. Set a griddle pan on the grill and add half of the butter or oil. When the pan is hot, add the onions, season with the remaining 2 ml (1/2 tsp) each of salt and pepper and saute until the onions soften and start to brown. Add the pureed chipotle, scallions and cilantro.
4. Push the onions to one side of the griddle. Heat the remaining butter or oil on the empty side and place the hamburgers on it. Cook for 2 minutes, then flip and cook for another 2 minutes.
5. Move the burgers to the grill and cook to desired doneness, flipping halfway through (2 minutes per side for medium-rare).
6. Stir the parsley into the onions and spoon the onions onto the hamburgers. Lay a slice of cheese on top of each and continue cooking until it melts. Place a burger in each bun.

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Smug Marrieds

KATE STEWART & BRET DAWSON
2FORCOUPLES.COM



If your relationship is being driven into the ground by bad communication it's up to you to say so

Q: Smug Marrieds, I used to drive all the time, but now my hubby is always in the driver's seat and I'm the passenger. What's up with that?

Kate says...

Maybe you can explain this phenomenon to me. I have never understood it, and I've seen it happen again and again. Not always, but really, really often, women just let their husbands drive all the time when they are in the car together. It's not that they've forgotten how to drive — they still manage to get around quite handily when they are alone.

Drinking helps, I find. If he always drives, then surely he must always drive when you've been out to a dinner party, which means you get to drink all the wine. Typically, unless he is truly freakishly uptight about this, he realizes the sacrifice he's making and you naturally end up negotiating equal driving rights.

But then, not everyone drinks, so the question remains: Is it just that once comfortably coupled, men feel that they can let their naturally controlling instincts prevail behind the wheel? With Bret and me, I drive maybe 80 per cent of the time, which, from what I can tell, suits us both.



▶ Sometimes it's healthy to have a good fight.

Bret says...

Darling, do you even need me to write this column?

Q: I just moved in with my girlfriend. We've been together for over a year and have never really fought. Now all of a sudden I find everything she does totally annoying (48 bucks on fashion magazines?!?). I think she feels the same way. Are we dust?

Bret says...

Yes. Yes, you are totally dust. As Kansas once said, "All we are is dust in the wind."

Okay, here's the deal. When Kate and I first moved in together, I thought it would be good to impress her with my command of the kitchen. Once, I had some really good chili where the secret ingredient was two squares of unsweetened chocolate.

So when it came time to show off my chops over the stove, I dreamed up a little concoction involving cocoa-infused brown rice. It tasted like 12 layers of ass. Kate did not like eating it. I did not like eating it either. She was too polite and I was too full of Grade 7 pride to just dump it in the garbage and order something Thai instead.

And I felt small and humbled inside. Are we, I asked myself, dust? Looking back, the answer is clear: Of course not.

Kate says...

Are you dust? Not if you do something about this fast.

When Bret and I moved in together, I personally felt like killing him about five minutes into the whole deal.

Bret and I communicated pretty much exclusively by snapping at each other and glaring for the first week we lived together, after sustaining an impressive dewy and doe-eyed phase in our relationship. If you've been together for a full year and never once had a proper drag-'em-out, hold-no-prisoners yelling match, there is probably something you're not telling each other.

The luxury of being able to slink back to your own place to stew and steam and repress all those pent-up resentments over niggling slights is gone. Now you actually have to talk to each other.

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Closing the gap

Teens don thinking caps to help aging population

Teens sometimes get a reputation for not respecting their elders. But one group is not only respecting them but finding new ways to help them.

When 16-year-old Nicholas Schiefer, a high school student from Pickering, Ont., signed up to take part in Shad Valley, a month-long, nationwide enrichment program for high school students, he little imagined he would be facing the task of developing a product or service designed to help the country's rapidly aging population.

The issue has dogged governments, corporations and policy-makers for longer than most Shad participants have been alive, but Schiefer and 10 of his fellow participants were tasked with presenting a fully developed solution — complete with working prototype and 30-page business plan — in just 19 days.

Several hours spent cloistered in a room on the University of British Columbia campus yielded hundreds of suggestions, but the penny didn't drop for the enterprising teens until they hit upon the unlikely combination of memory aids and wheelchair mechanics.



▶ The Shad program has allowed for new developments.

"It's amazing to work with people who are just as capable and just as motivated as you are"
NICHOLAS SCHIEFER

"One of our group members used to volunteer in a hospital, and she used to hear the nurses constantly reminding patients to lock their wheelchairs before they stood up," Schiefer said in a telephone interview. "We decided to develop a wheelchair braking system that would make it easier for them to remember this."

The final product, the result of hours of work and many sleepless nights, is an armrest extension attached to a metal rod. When the occupant compresses the extension, the rod comes down and locks the wheels in place, allowing seniors to lean on the device for support without fear of falling.

"It's amazing to work with people who are just as capable and just as motivated as you are," he said.

THE CANADIAN PRESS

Fun and Frugal



LESLEY SCORGIE
MONEY@METRONEWS

WHO WANTS TO BE A MILLIONAIRE?

Bruno Mars and Travie Mccoy wants to be rich so freak'n bad that they made a hit song about it. I appreciate their lyrical genius, and counterintuitive mockery of wealth — randomly spending billions. For all the credit card–bearing, name-brand-buying, payment-plan-using, non-cash-carrying consumers out there, this message is for you; it doesn't matter how much money you have, if you don't learn how to keep it, you'll never be rich. That's right, you could have $1 million and if you spend it all on image boosting non-assets, in the long run, you're no better off than the person with $10,000 who spends it the same way.

One of the primary reasons people go bankrupt or don't have savings is due to improper cash-flow management. Studies have shown that most self-made millionaires believe keeping a meticulous budget is the best tool a person can used to build net worth (a combination of debt reduction and asset growth).

A carefully planned budget allows you to spend less time worrying about money, and more time focusing on more important things. They're a critical tool for tracking income and expenses, which you'll need to master in order to achieve your net worth goals.

To get started, open up a spreadsheet (if you're not technically inclined, grab a piece of paper, pencil, and calculator). Now, identify and add up all sources of monthly income: employment, contract work, inheritance, freelance work, royalties, government support, income from investments, family support, or spousal support.

Then, identify and sum your expenses; big and small. Major expenses like a mortgage payment, car loan, and RRSP contribution are easy to identify. But smaller expenses like coffee, drinks, lunches, movie rentals, banking and ATM fees, can sometimes get overlooked even though they add up substantially.

Keep all your receipts for four weeks —from the pack of gum to the tools you bought at the hardware store. This will reveal how shockingly expensive little things can be.

Subtract your expenses from your income to determine what money you have left over. Then, consider cutting back on expenses that don't help build your bottom line.

True millionaires have become wealthy through self-discipline and living within their means not through spending foolishly to bolster their image.

Beware little birds returning to nest

Don't let your kids' financial boomerang hit you in the back of the head

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Take a gander at this stat: from 2001 and 2006 the number of 25 to 29-year-olds who were either still living at home or had returned to the nest nearly tripled. And this was before the recession.

So many are returning home as young adults that Statistics Canada dubbed them the boomerang generation. The Stats Can wits say those who never left home at all, "failed to launch."

Gen Y'ers — born 1977-1986 — aren't necessarily more indolent than previous generations, (though some are!) rather they're being squeezed in a vice. According to Statistics Canada, employment income for 22 to 34–year-olds has decreased relatively regardless of education over the past two decades.

At the same time the cost of living, especially education, has increased dramatically. It's a pretty simple recipe for disaster — less money chasing greater expenses.

Paying down education debt or saving for an asset like a car or a house are two reasons to head or stay home. But financial difficulties caused by heedless spending is something different. A few years ago one of my daughters wanted back in, but refused to discuss the reason, which I knew was largely caused by over spending. I made it a condition of her return that we would monitor her finances. Along with giving birth to her, this was among the most painful experiences of my life — but it worked. She is now a very financially responsible mom. No matter why your child comes back home be clear about why so you don't enable bad habits and make sure he or she contributes financially or you'll find your own disposable income suddenly shrinking.



▶ If your child moves home be careful of lending them money.

No matter why your child comes back home be clear about why so you don't enable bad habits and make sure he or she contributes financially or you'll find your own disposable income suddenly shrinking.

Interest rates/ Savings accounts

BANK	RATE
BMO	1.10%
CIBC	0.70%
HSBC	0.65%
ING	1.30%
PCF	1.0%
RBC	0.85%
SCOTIA	1.0%
TD	1.10%
ALLY	2.0%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE



How to travel on the cheap

Many people enjoy discovering new places and visiting other countries.

Travelling abroad may lose its charm, however, if you return home and find a lot of unexpected charges on your credit card and bank statements.

Service charges and network access fees for debit cards and currency conversion and convenience fees for credit cards can add up quickly on foreign transactions.

Before you leave, be sure to find out about fees and the pros and cons of various payment methods that you will be using on your trip.

For more information about foreign currency conversion, network access and other fees, visit the Financial Consumer Agency of Canada (FCAC) website at fcac.gc.ca.

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4 sports

Battle brewing over contract

MEL EVANS/THE ASSOCIATED PRESS



▶ Ilya Kovalchuk

The NHL Players' Association filed a grievance yesterday that disputes the league's rejection of Ilya Kovalchuk's $102-million US, 17-year contract with the New Jersey Devils.

An independent arbitrator will be named to settle the battle over a contract the NHL felt violated the spirit of the Collective Bargaining Agreement with the players. Kovalchuk cannot play until the case is resolved.

"Under the terms of the CBA, the NHLPA and Mr. Kovalchuk are entitled to an expedited resolution of this matter," the NHLPA said in a statement.

It added the union would have no further comment "until this matter has been resolved by an arbitrator."

NHL deputy commissioner Bill Daly, who called the longest deal in league history a "circumvention of the CBA" in rejecting the landmark contract last week, said they were ready to face the arbitrator.

"Although there is no defined timetable at this point, we intend to work with the players' association to ensure an expeditious resolution of this dispute," Daly said in a statement. "The league looks forward to the opportunity to establish its position before the arbitrator."

The league felt the Devils went too far in giving the 27-year-old Russian a contract that would pay $95 million over the first 10 years, but only $7 million over the final seven. That would reduce the cost against the salary cap to a relatively modest $6 million per year.

The final five years would pay only $550,000 per season. Questions were also raised over the duration. It would end when Kovalchuk is 44, well past retirement age for most players. THE CANADIAN PRESS

The connection



Can you guess the connection between these athletes? Answer below.

CONNECTION ANSWER: ALL SIGNED CONTRACTS YESTERDAY (TEEL WITH DUCKS, RAYMOND WITH CANUCKS AND PARENT WITH PREDATORS.)

Quoted



"I definitely think the team we have here now is how they played in the '90s."

BRIAN MCCANN, ON THE ATLANTA BRAVES

Scan code for news

Is Romo ready to assume elite status?

Cowboys QB coming off stellar season But he's still searching for elusive Super Bowl victory

SCOTT BOEHM/GETTY IMAGES



▶ Quarterback Tony Romo of the Dallas Cowboys.

Tony Romo finally has a playoff victory for the Dallas Cowboys to go with his three Pro Bowl selections.

The former undrafted quarterback is coming off another record-breaking season in which he also had a career-low nine interceptions while taking every snap for the NFC East champions. He has a 38-17 record as a starter.

Certainly biased Wade Phillips already considers Romo an elite quarterback — "I think Tony's there," the coach unabashedly said at the start of training camp.

Yet after only three seasons as a starter, Romo knows it will take a lot more than what he has done already to be discussed in such terms. He expects to be judged by wins, Super Bowls "and things of that nature."

"The only way to be included in any talk of anything is to go out and win a championship."
TONY ROMO, DALLAS COWBOYS

"I love the tradition and the history of the game," Romo said. "So for me, you set out to accomplish certain goals and right at the top the only way to be included in any talk of anything is to go out and win a championship."

Maybe this will be the season Romo can add that to his glowing yet incomplete resumé.

With 20 of 22 starters back from last year's division winner that defeated Philadelphia in the playoffs, there are expectations that Dallas could end its 15-year Super Bowl drought
THE ASSOCIATED PRESS

Venues hit hard by health report

An investigation into food safety at sports venues across North America puts some Canadian eats in the penalty box but suggests chowing down while cheering is still pretty safe.

Rexall Place in Edmonton fared the worst in Canada, with a quarter of vendors listed for a critical violation, while all three Ontario facilities, including Toronto's Air Canada Centre, scored a clean bill of health.

14 Calgary's Pengrowth Saddledome came in just behind Rexall, with 14 per cent of vendors listed with critical violations.

The research, conducted for the ESPN television show Outside the Lines, looked at the most recent 2009 health department inspection reports for all 107 North American arenas and stadiums that were home to major sports teams.

It calculated what percentage of vendors at each received a "critical" or "major" health violation on the inspection.

Violations can range from failing to have soap at a sink to storing food at improper temperatures or handling a scoop for ice with bare hands.
THE CANADIAN PRESS

Sports in brief

Paul doesn't ask for trade

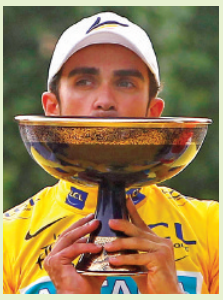
NBA. New Orleans Hornets star guard Chris Paul did not request a trade yesterday in his meeting with new coach Monty Williams and top team officials, general manager Dell Demps said.

Demps added that he was confident Paul would still be with New Orleans when the coming season opens.

Bengals seek to add Owens

NFL. Bengals owner Mike Brown is trying to bring receiver Terrell Owens aboard. Brown said yesterday that the team is discussing a contract with Owens' agent, Drew Rosenhaus.
THE ASSOCIATED PRESS

Sports in brief



Hero's welcome for Contador

CYCLING. Alberto Contador returned home yesterday after winning his third Tour de France title, a triumph that capped another summer of Spanish dominance in world sport.

Contador was received by hundreds of fans — mostly from his native Pinto — at Madrid's Barajas international airport before meeting with Spanish Prime Minister Jose Luis Rodriguez Zapatero.

Vick reports to training camp

NFL. An NFL spokesman says there has been no change in Michael Vick's playing status, so the Eagles quarterback reported to training camp yesterday as expected. When asked whether a league investigation of Vick has been completed, Greg Aiello told The Associated Press in an email the NFL would have no further comment on Vick at this time.

Castroneves apologizes

SORRY. Helio Castroneves has apologized for his tirade following a weekend IndyCar race in Edmonton. Castroneves crossed the finish line first at Sunday's race, but was penalized for blocking teammate Will Power, giving the victory to Scott Dixon. After being bumped down to 10th, Castroneves stormed out of his car and screamed at IndyCar officials, grabbing one by the shirt collar. THE ASSOCIATED PRESS

Power running back for more

Hometown sprinter to compete in Aileen Meagher Classic ▶ She won two races in last year's event



ALEX BOUTILIER
@METRONEWS.CA

RYAN TAPLIN/METRO HALIFAX



▶ East Jeddore's Adrienne Power sprints her way to first place in the women's 100-metre dash at last year's Aileen Meagher International Track Classic.

One of Canada's fastest women is hoping for a repeat performance at the 17th annual Aileen Meagher International Track Classic next month.

Olympian Adrienne Power of East Jeddore came in first in the 200-metre dash with a decisive 0.65-second margin between her and her closest competitor at last year's event. She also took top honours in the 100-metre race.

The competition, to be held Aug. 3 beginning at 6:30 p.m. at Huskies Stadium, will feature runners from across Canada and the world. Power is seeded in the top three in both the 100- and 200-metre events.

Voted Sport Nova Scotia's individual female athlete of 2010, Power is training in Texas. The 2008 Olympian said it may be a year or two before she reaps the benefits of a more strenuous intensity-oriented training regimen, but she still hopes to perform well in this year's event.

"(The training) gives me a different perspective on the Aileen Meagher," she said.

Power said she always enjoys performing for a hometown crowd.

"I'm so lucky to have the Aileen Meagher … to bring in competitions that I compete in front of my family and friends," she said.

Organizers expect nine other Olympians to join Power, as well as 16 Athletics Canada-supported athletes, promising to make this year's races some of the most competitive in the event's history.

Race tickets

- Tickets for the 2010 Aileen Meagher International Track Classic are on sale at metro locations of Cleve's Sporting Goods, Ticket Atlantic, and select Atlantic Superstore locations.
- Tickets cost $10 for adults and $5 for students, children younger than 16, and seniors.

Knuckle Princess headed to Canada

The Knuckle Princess is making her Canadian debut.

Eri Yoshida, an 18-year-old knuckleballer from Japan, is expected to draw a crowd tonight when she pitches for the Chico Outlaws against the Victoria Seals of the independent Golden League.

The California-based Outlaws and Seals are part of a 10-team league that includes clubs in Edmonton, Calgary, the western states, Maui and Tijuana, Mexico.



▶ Yoshida

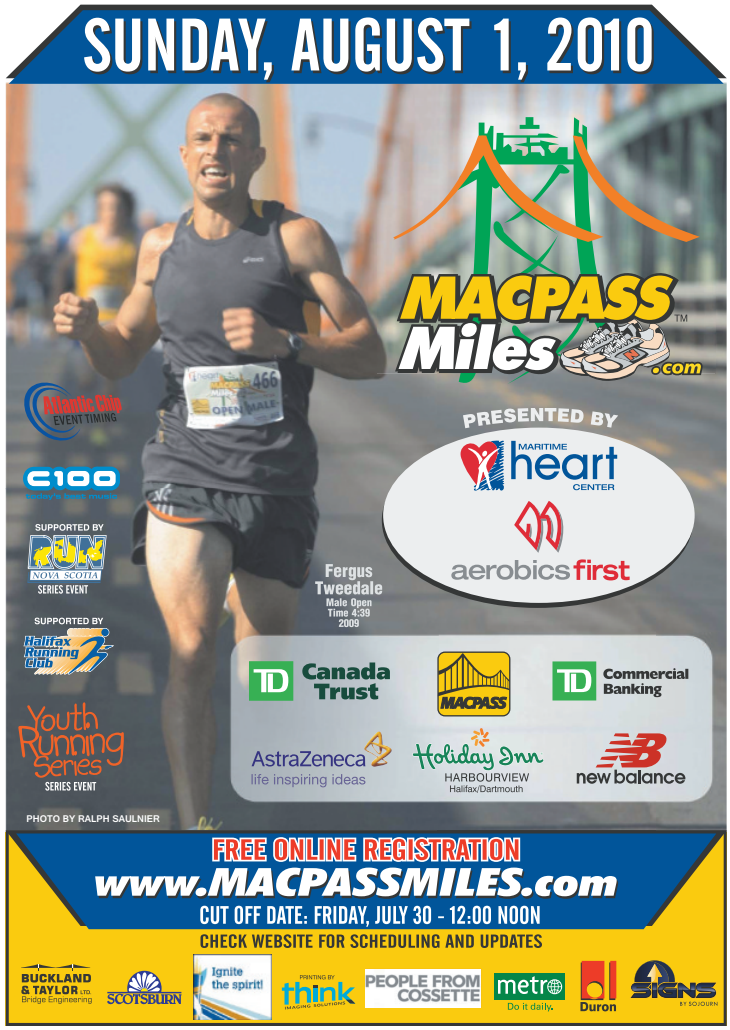
At five-foot-two and 115 pounds, the Yokohama native throws at men a foot taller and 80 pounds heavier.

Yoshida is the youngest player in the league, which includes former major leaguers and young players seeking to get first and second looks from the big leagues.

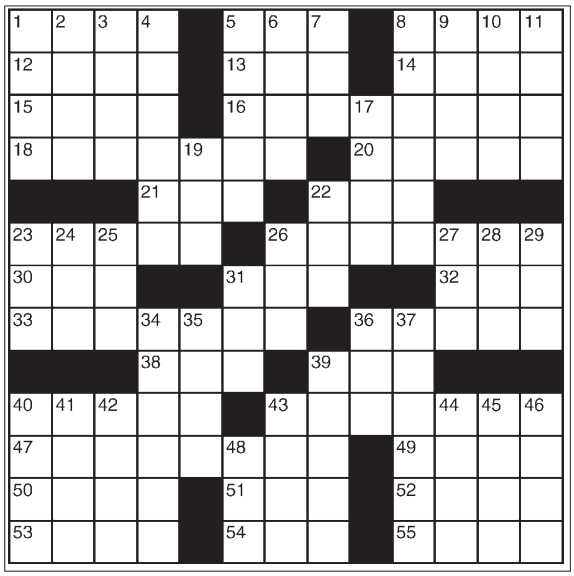
The pint-sized hurler, who was recently honoured with a proclamation of achievement from Chico's mayor for helping put the northern California city on the map, is the first female to pitch for a professional minor league team since American Ira Borders retired a decade ago.

THE CANADIAN PRESS





Crossword



Across

1 "The Lion King" villain
5 Hurried
8 Piquancy
12 Earring location
13 Discoverer's cry
14 Draftee's rating
15 Astringent
16 Soccer prize
18 Escape
20 Supermarket section
21 Barbie's companion
22 Hot tub
23 Manhandled
26 Sweetheart
30 Past
31 "The Daily Show With — Stewart"
32 Newton fruit
33 Baker's need
36 Surpass
38 Lower limb
39 Relatives
40 Slander
43 Corridor
47 Zamfir's instrument
49 Relaxation
50 Line of rotation
51 — -jongg
52 Epider-mis
53 Roller coaster or Ferris wheel
54 Resort
55 The Red and the Black

Down

1 Refinery residue
2 Singer Natalie
3 Touch
4 New version of an old movie
5 Comic actor Atkinson
6 Sailor's call
7 Neither mate
8 Astrology signs
9 Contents of envs.
10 Pas — (dance solo)
11 Recording
17 Reindeer herder, maybe
19 Marry
22 Morning star
23 Calif.'s ocean
24 — Khan
25 Stir-fry vessel
26 Swindle
27 Sternward
28 Tease
29 Id counterpart
31 Binge
34 Pass by
35 Actress Gilpin
36 Rembrandt's medium
37 If not
39 Buckwheat porridge
40 Mast
41 Long skirt
42 Oklahoma city
43 Jalopy
44 Arouse
45 Largest continent
46 Longings
48 Afternoons, for short

▶ Yesterday's answer

I	C	E	D	■	M	A	G	■	R	A	T	A
D	A	M	E	■	I	N	N	■	O	N	E	S
E	R	I	C	■	S	N	A	P	B	A	C	K
A	T	T	A	C	H	■	W	O	R	T	H	S
■	■	■	M	U	M	S	■	D	O	H	■	■
J	U	M	P	B	A	I	L	■	Y	E	T	I
O	R	A	■	E	S	T	A	S	■	M	E	N
G	I	L	T	■	H	U	M	P	B	A	C	K
■	■	D	A	D	■	P	E	R	U	■	■	■
S	T	E	R	E	O	■	L	Y	C	E	U	M
C	A	M	P	B	E	L	L	■	K	Y	L	E
O	R	E	O	■	U	S	A	■	L	E	N	T
W	O	R	N	■	F	U	R	■	E	R	A	S

Sudoku

	4		3					
1	2					6		5
		8		2				7
2		3		5	4			
	5						9	
			7	9		3		8
6				1		5		
9		1					2	3
					3		4	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	5	1	2	3	8	4	9	6
3	4	8	9	7	6	1	5	2
2	9	6	5	1	4	3	7	8
6	7	9	1	5	3	8	2	4
8	2	3	4	9	7	6	1	5
4	1	5	6	8	2	9	3	7
5	6	7	3	4	1	2	8	9
1	8	2	7	6	9	5	4	3
9	3	4	8	2	5	7	6	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

GreySaber, when the sky is dark and the world is cold, you are the light that warms my soul. **ANJELKA**
Calandra, we've been through some hard times recently but we have, can, and will make it through, I love you so much **JAMIE**
babaay, I can't even begin to tell you how happy you've made me. Even though it's only been 3 months feels like over 3 years... Your the only one that makes me so 'Karaazzy' Can't stop won't stop... **JKJ**
Bb, Im so glad the 3000 miles apart hasn't stopped us from being together for one year! I love you more than anything and I always will. **YOUR DARLING**
Love for my Pretty Ricky It's only been a few months now but since you've been a part of my life I've been so much happier & just like a happily ever after, I hope this lasts forever ..
ALL MY LOVE, LALA ;)

The Weather Network
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Today	Wednesday	Thursday
Variable	Sunny	Rain
22° / 14°	27° / 16°	80% 23° / 15°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 19 Everyone knows you are smart — you don't have to prove it. You may feel the urge to show off a bit today but there is a danger you could go too far and end up looking silly.

♉ Taurus April 20-May 21 Mercury is well placed in your chart at the moment and good news of one sort or another is sure to come your way over the next 24 hours. Having said that, it might be wise not to take too much for granted.

♊ Gemini May 22-June 21 By all means reach out and help someone who is having a hard time but don't poke your nose into their business if they make it clear they don't want your assistance.

♋ Cancer June 22-July 22 Your mind is moving extra fast at the moment and you will solve in an instant problems that others just can't get to grips with. Use your intellectual superiority to impress important people.

♌ Leo July 23-Aug.23 By all means think big but don't assume that your plans will somehow be magically translated into the kind of rewards and applause that you crave. There are no short cuts.

♍ Virgo Aug. 24- Sept. 22 You have to make a choice regarding your future and with Mercury moving into your birth sign today there is no doubt at all that you will make the right one. You know what it is you most desire — so take it.

♎ Libra Sept. 23-Oct. 23 There is a fine line between saying what needs to be said and saying too much and you must watch out you don't stray over it today. Do you really need to voice your opinions about someone's inadequacies? Then don't.

♏ Scorpio Oct. 24-Nov. 22 You need to confide in someone you trust, someone who will tell you what you need to hear rather than what they think you want to hear.

♐ Sagittarius Nov. 23-Dec. 21 Important people are watching you closely, and not only watching but listening too. The way you act under pressure will tell them what they need to know about your suitability for promotion.

♑ Capricorn Dec. 22-Jan. 20 If you are going to make some kind of offer you must be sure that you can deliver. It's no good boasting that you can do this and do that if, when it comes to the crunch, you struggle. It makes you look bad.

♒ Aquarius Jan. 21-Feb. 18 When taking risks there is always the possibility that you will get it wrong. So long as you are aware of that fact, and prepared to deal with it if it happens, then go ahead and make your play.

♓ Pisces Feb. 19-March 20 You may know that someone has not been telling the whole truth about what they've been up to but don't make it an issue of it. **SALLY BROMPTON**

Caption contest

THE ASSOCIATED PRESS



You write it! Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MARK KEPPLER/THE ASSOCIATED PRESS



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AIR CANADA VACATIONS



Deals of the week

DOMINICAN REPUBLIC

Samana via Toronto

Bahia Samana Roulette • 4★

All-Inclusive
Run of the house
Aug. 8–29 • 1 wk.

$699
+Taxes & other fees
(including service charges): $327

Punta Cana via Toronto

Occidental Grand Punta Cana • 4★

All-Inclusive • Junior suite
Aug. 1–22 • 1 wk.

$759
+Taxes & other fees
(including service charges): $327

TURKS & CAICOS via Toronto

The Alexandra • 3 1/2★

Garden view deluxe studio
Aug. 7 & 8 • 1 wk.

$1049
+Taxes & other fees
(including service charges): $267

SAINT LUCIA via Toronto

Bay Garden Inn • 2 1/2★

Standard rm.
Aug. 7 & 8 • 1 wk.

$1149
+Taxes & other fees
(including service charges): $238

CUBA

Varadero via Toronto

Sirenis La Salina Varadero Beach Resort • 4★

All-Inclusive • Standard rm.
Aug. 7 – 23 • 1 wk.

$749
+Taxes & other fees
(including service charges): $242
Please add $50 for Sat. & Sun. departures

Santa Clara via Toronto

Meliá Las Dunas • 4★

All-Inclusive • Standard rm.
Aug. 7 – 21 • 1 wk.

$849
+Taxes & other fees
(including service charges): $242

JAMAICA via Toronto

Sunset Jamaica Grande Resort & Spa • 4★

All-Inclusive • Standard rm.
Aug. 11, 12, 14, 15, 17 – 26, 28, 29 & 31
1 wk.

$1099
+Taxes & other fees
(including service charges): $293
Please add $50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2★

All-Inclusive
Junior suite
Aug. 11, 12, 14, 15, 17 – 26, 28, 29 & 31
1 wk.

PRIVILEGES
$1149
+Taxes & other fees
(including service charges): $293
Please add $50 for Sat. & Sun. departures

MEXICO

Cancun/Riviera Maya via Toronto

Gran Bahia Principe Tulum • 5★

All-Inclusive
Standard rm.
Nov. 13 • 1 wk.

$959
+Taxes & other fees
(including service charges): $303

Gran Bahia Principe Coba • 5★

All-Inclusive • Junior suite
Nov. 13 • 1 wk.

$1159
+Taxes & other fees
(including service charges): $303

Puerto Vallarta/ Riviera Nayarit via Toronto

Buenaventura Grand Hotel & Spa • 4★

All-Inclusive • Deluxe rm.
Aug. 21 & 28 • 1 wk.

$999
+Taxes & other fees
(including service charges): $288

BAHAMAS

Great Exuma via Toronto

Grande Isle Resort & Spa • 4★

Continental breakfast
One-bedroom villa garden view
Sept. 5 – 26 • 1 wk.

$1049
+Taxes & other fees
(including service charges): $201

USA

MIAMI via Toronto

Albion South Beach • 4★

Double full-size bed - Petite rm.
Sept. 6 • 3 nts.

$549
+Taxes & other fees
(including service charges): $135

CRUISE

Princess Cruise Line[1]

Caribbean Princess

Southern Caribbean Cruise
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Interior stateroom, cat. JJ
Nov. 14 & 28 • 1 wk.

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AND 0% FINANCE APR FOR UP TO 60 MOS.**

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Forte SX shown

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AND 0% FINANCE APR FOR UP TO 60 MOS.**



Sorento EX-V6 Luxury shown

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